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ABSTRACT

The underlying concept of this publication is that homework, which is merely a specific type of therapy technique, can be helpful to counselors and educators. It contains ideas from psychiatrists; psychologists; counselors; social workers; and family therapists who use homework techniques to enhance therapy with adults, children, and adolescents; in group, individual, or family counseling. Part 1 presents recommendations on how to assign homework to clients. Part 2 points to the pitfalls of ascribing to one set of techniques in therapy and suggests that the best results occur when general principles are applied to create unique ones for each person in therapy. Part 3 contains articles by 51 therapists concerning their therapy techniques. Their approaches represent: assertiveness; Rational Emotive Behavior Therapy (REBT); Cognitive Behavior Therapy (CBT); Gestalt Therapy; transactional analysis; marriage and family therapy; neurolinguistic programming, multicultural counseling; brief strategic solution-oriented therapy; a developmentalist perspective; and rational self-counseling. Part 4 discusses homework in counseling. Part 5 includes recommendations for implementing counseling and therapy homework assignments. Each chapter presents biographical information on the therapist, a list of their other works, and the population for whom their suggestions would be most helpful. References are included with individual chapters. (JDM)

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